

Neil McNeil H.S. presents
The 44th Annual Nike/John Rowland Memorial Games

Date: Saturday April 22, 2017

Location: Etobicoke Centennial Stadium – A newly renovated 8 lane track. Pyramid spikes of 6mm only will be allowed.

Awards: 1st place finishers will receive Nike awards. Awards will be presented to the top six finishers in the men's and women's Nike 3000m Invitational.

NIKE 3000M IS BY INVITATION ONLY

Eligibility: This meet is open to high school athletes only. All athletes must be entered through their high school and supervised by a teacher.

Entry Fee: Individual event \$7.00 per athlete per event.
Relay events \$10.00 per relay event.

TEAM MAX OF \$300.00 (Cheque made payable to: Neil McNeil High School)

****Entry fee must be paid at package pick-up on arrival. No package will be given without payment, do not send payment through the mail****

****Post entries will be made where possible at \$10/event, \$15/relay**

Entry Deadline: All Entries are due via www.trackdatabase.com no later than 7:00pm on Tuesday April 18th, 2017. Meet code: GU3RSP

Officiating: Each school must supply one official. Please email preference to Steve Masterson at mastersonsteve@hotmail.com

Field Events: Due to the large number of entries we receive, minimum standards will be used for field events. Each athlete will have their first attempt measured, after which only attempts that surpass the 10th place distance (from the first round) will be measured. In high jump, starting heights have been pre-determined.

Safety: Athletes are not to be practicing shot put, discus, or javelin anywhere but the designated throwing area and only when the meet official is present. Only competing throwers and officials should be inside of the designated throwing area.

First Aid: Trained medical therapists will be available on site.

Questions: Ashley Masterson – Neil McNeil HS
Email: ashley.masterson@tcdsb.org

44th Nike/ John Rowland Games Schedule of Events

Track Events

8:30 am **Registration**

9:00 am **4x100m Relay:** MG, MB, JG, JB, SG, SB
(TIMED FINALS)

10:30 am **Sprint Hurdles:** MG, JG, SG, MB, JB, SB
(TIMED FINALS)

11:00 am **100m:** ViG, ViB, AmbG, AmbB, IdG, IdB, MG, MB, JG, JB, SG, SB
(TIMED FINALS)

1:00 pm **1500m:** MG, MB, JG, JB, SG, SB
(TIMED FINALS)

3:30 pm **NIKE INVITATIONAL 3000M** (OG, OB)
***Entry by invite only**

4:00 pm **400m:** SG, SB, JG, JB, MG, MB (note reverse order)
(TIMED FINALS)

5:30 pm **4x400m Relay:** OG, OB
(TIMED FINALS) *no starting blocks

(Track Events May run up to ½ hour ahead of Schedule)

Field Events

| | High Jump | Long Jump (Pit #1) | Long Jump (Pit #2) | Shot Put | Discus | Javelin |
|----------------|-----------------------|---------------------------|---------------------------|-----------------------|-----------------------|-----------------------|
| 9:00am | Midget & Junior Boys | Midget Girls | | Senior Girls | Midget & Junior Boys | Senior Boys |
| 11:00am | Midget & Junior Girls | Senior Boys | | Midget & Junior Girls | Senior Boys | Midget & Junior Boys |
| 1:00pm | Senior Girls | Junior Boys | Junior Girls | Midget & Junior Boys | Midget & Junior Girls | Senior Girls |
| 3:30pm | Senior Boys | Senior Girls | Midget Boys | Senior Boys | Senior Girls | Midget & Junior Girls |

High Jump Starting Heights

| | Midget Girls | Junior Girls | Senior Girls | Midget Boys | Junior Boys | Senior Boys |
|-----------|--------------|--------------|--------------|-------------|-------------|-------------|
| High Jump | 1.20m | 1.25m | 1.30m | 1.35m | 1.40m | 1.40m |

Nike / John Rowland Memorial Games Meet Records

1 Girls 80 Meter Hurdles Midget Girls 12.00 1997 Candice Wilkey - Elmvale
2 Girls 80 Meter Hurdles Junior Girls 12.58 2010 Christine MacNeil - London Central
3 Girls 100 Meter Hurdles Senior Girls 13.63 1997 Roxanne Woodley - Anderson
4 Boys 100 Meter Hurdles Midget Boys 13.38 1997 Jermaine Marinborough - Pickering
5 Boys 100 Meter Hurdles Junior Boys 14.42 2010 Andre Wright - Dunbarton
6 Boys 100 Meter Hurdles Senior Boys 14.09 1997 Tony Branch - Dunbarton
14 Girls 4x100 Meter Relay Midget Girls 51.32 2011 - Birchmount
15 Girls 4x100 Meter Relay Junior Girls 51.04 2013 - Birchmount
16 Girls 4x100 Meter Relay Senior Girls 48.50 1988 - Oakwood
17 Boys 4x100 Meter Relay Midget Boys 45.56 2010 - Cardinal McGuigan
18 Boys 4x100 Meter Relay Junior Boys 45.09 2010 - Michael Power / St. Joe'
19 Boys 4x100 Meter Relay Senior Boys 41.50 1988 - Central Tech
20 Girls 100 Meter Dash Midget Girls 11.96 2005 Natalie Greiger - Stouffville
21 Girls 100 Meter Dash Junior Girls 12.44 2009 Shereen Harris - Mary Ward
22 Girls 100 Meter Dash Senior Girls 11.81 1998 Shelly Ann Brown - Dunbarton
23 Boys 100 Meter Dash Midget Boys 11.10 2004 Daniel Kotwinski - Holy Trinity
24 Boys 100 Meter Dash Junior Boys 10.90 2009 Marlon Laidlaw-Allen - Bendale
25 Boys 100 Meter Dash Senior Boys 10.36 1998 Anson Henry - Anderson
26 Girls 1500 Meter Run Midget Girls 4:46.35 2013 Lucia Stafford - Toronto French
27 Girls 1500 Meter Run Junior Girls 4:49.28 2007 Vanessa Piacente - Cardinal Newman
28 Girls 1500 Meter Run Senior Girls 4:35.00 1983 Doreen Uranick - Acton
29 Boys 1500 Meter Run Midget Boys 4:03.50 1988 Kevin Christiani - Neil McNeil
30 Boys 1500 Meter Run Junior Boys 4:08.50 4/28/2012 Isaac Dobos - MacLaughlan
31 Boys 1500 Meter Run Senior Boys 3:57.35 2013 Elijah Silva - Brebeuf
32 Girls 3000 Meter Run Open Girls 9:36.20 2000 Carol Henry - Parry Sound
33 Boys 3000 Meter Run Open Boys 8:16.60 1986 Richard Charette - Algonquin
34 Girls 400 Meter Run Senior Girls 55.70 2008 Sherine Wells - Westview
35 Boys 400 Meter Run Senior Boys 47.50 1991 Kelsey Armstrong - St. Michael's
36 Girls 400 Meter Run Junior Girls 57.55 2011 Ally Christiani - Loretto Abbey
37 Boys 400 Meter Run Junior Boys 50.31 2006 Andre Hamilton - Birchmount
38 Girls 400 Meter Run Midget Girls 58.16 2005 Natalie Geiger - Stouffville
39 Boys 400 Meter Run Midget Boys 52.48 2010 Andre Ford-Azonesnns - Card McGuigan
40 Girls 4x400 Meter Relay Open Girls 4:02.50 1982 - Oakwood
41 Boys 4x400 Meter Relay Open Boys 3:16.60 1988 - Central Tech
44 Girls High Jump Junior Girls 1.70m 2007 Matty Buttinger - Resurrection
45 Boys High Jump Junior Boys 1.90m 1994 Chris Rowe - Pope JP II
46 Girls High Jump Senior Girls 1.68m 2009 Tiffany Christine - Emery
47 Boys High Jump Senior Boys 2.10m 1983 Natty Crooks - West Park
48 Girls Long Jump Midget Girls 5.13m 1986 Kristan Fry - Woburn
49 Boys Long Jump Midget Boys 6.30m 1986 Carl Taylor - Woburn
50 Girls Long Jump Junior Girls 5.56m 2013 Jamilah James - Birchmoun
51 Boys Long Jump Junior Boys 6.89m 2009 Michael Vasile - St. Basils
52 Girls Long Jump Senior Girls 5.67m 2009 Caroline Ehrhardt - Espanola
53 Boys Long Jump Senior Boys 7.23m 1990 Brian Thomas - Central Tech
54 Girls Shot Put Midget Girls 10.36m 2009 Britney Crew - Birchmount
55 Boys Shot Put Midget Boys 15.97m 1992 Alex Chou - Woburn
56 Girls Shot Put Junior Girls 12.50m 2004 Kaitlyn Andrews - Acton
57 Boys Shot Put Junior Boys 16.53m 2013 Matthew Rosatti - Chaminade
58 Girls Shot Put Senior Girls 13.84m 2012 Britney Crew - Birchmount
59 Boys Shot Put Senior Boys 17.82m 2008 Ted Nedow - Thousand Islands
60 Girls Discus Throw Midget Girls 25.96m 2006 Shurrie Trich - Huberview
61 Boys Discus Throw Midget Boys 47.66m 2008 Trent Corney - Thousand Islands
62 Girls Discus Throw Junior Girls 36.02m 2009 Ryana Chin - Dunbarton
63 Boys Discus Throw Junior Boys 52.49m 2008 Adam Karakilis - Birchmount
64 Girls Discus Throw Senior Girls 44.58m 2008 Alanna Kovacs - St. Joe's Barrie
65 Boys Discus Throw Senior Boys 54.02m 2008 Tim Nedow - Thousand Islands
66 Girls Javelin Throw Midget Girls 26.36m 2009 Alyssa Dicesure - Westmount
67 Boys Javelin Throw Midget Boys 47.66m 2008 Trent Corney - Thousand Islands
68 Girls Javelin Throw Junior Girls 31.28m 2008 Sara Hamilton - Humberview
69 Boys Javelin Throw Junior Boys 56.67m 2009 Trent Corney - Thousand Islands
70 Girls Javelin Throw Senior Girls 42.02m 2008 Alanna Kovacs - St. Joe's Barrie
71 Boys Javelin Throw Senior Boys 57.40m 2010 Trent Corney - Thousand Islands